

July 2018

# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



## Eating Better as You Get Older

Healthy eating is not about giving up all your favorite foods. Eating healthy is about making small changes to your diet to increase food that has higher levels of nutrients. Often we eat foods out of convenience without thinking about if what we are eating is adding to our nutritional needs. Eating healthy isn't always about losing weight. Giving your body the right nutrients and maintaining your weight can help you stay active and independent in your home. By increasing your nutrients you will spend less money at the doctor. Healthy eating begins with you!

As we age, we need more of certain nutrients to make sure that our body works the way it should. That means it's more important than ever to choose foods that are high in nutrients.

There are different ways to eat healthy. Eating healthy can fit into your family style and traditions.

### Picking Healthy Foods

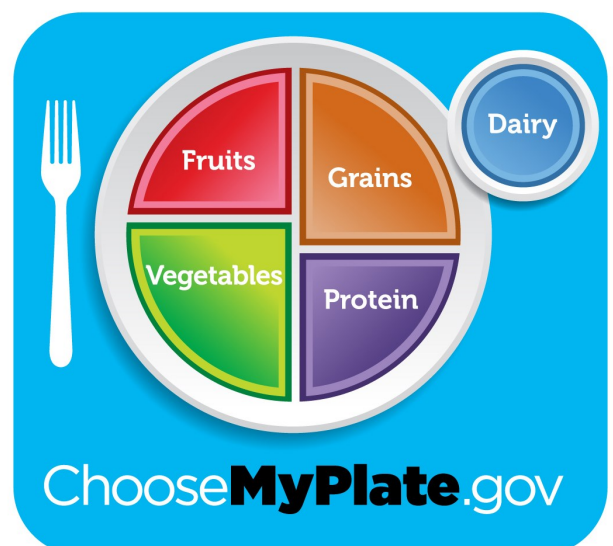
#### 1. Know what a healthy plate looks like

What used to be the Four Food Groups was changed back in the 1990's to the Food Guide Pyramid. The USDA then simplified the guide to what we know now as MyPlate.



The graphic below allows viewers to see how the five food groups should look on a plate. It is a picture of a healthy diet.

By portioning your food based on the image below you can make sure you will increase your nutrient intake with each meal.



## 2. Look for Important Nutrients.

Make sure when you are choosing the food to eat that you are choosing a variety of foods. Your plate should look like a rainbow. Bright, colorful foods are always the best choice. A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and Vegetables (orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)
- Food high in Fiber, low in Sodium or salt.
- Food that is in High Vitamin D.

## 3. Read the Nutrition Fact Label.

Whole foods are food that has been processed as little as possible. This includes fresh/frozen fruits and vegetables, foods that do not include additives and preservatives. You will find whole foods usually on the perimeter of the grocery store

## 4. Use Recommended Servings

The recommended serving sizes for adults age 60 and older are as follows:

- Vegetables—5 servings a day
- Fruits—4 servings a day
- Grains—6 servings a day

References: <https://www.benefitscheckup.org/getSNAP/>

<https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/>

- Dairy—3 servings a day
- Meat / Protein—8-9 servings / week (3 ounces) each serving
- Fish / Seafood—2-3 servings / week
- Nuts/Seeds—5 servings / week
- Fat—3 servings / day

## 5. Stay Hydrated

Don't forget about water. Drink small amounts of fluid consistently throughout the day. Tea, coffee, and water are your best choices

## 6. Stretch your food budget

The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy foods when you need it.

Visit [www.benefitscheckup.org/getSNAP/](http://www.benefitscheckup.org/getSNAP/)



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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>